SELBY HIGH SCHOOL

A Specialist School for the Arts and Science

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Dear Parent, Carer, Guardian,

Here at Selby High School, we are embracing the Thrive Approach. As a school we are really excited to inform you that our current year 7 and year 8 students will be undertaking Thrive lessons within their PD sessions, looking at their age-related development needs.

Last year, we trialled these sessions with both year 7 and year 8 and due to the success of this, we have decided to continue the sessions this year.

Thrive is a systematic approach supporting children's social, emotional development and wellbeing. Thrive uses a scientific developmental framework to clarify connections between social and emotional development, behaviour and learning. Within the framework, child development is depicted as six strands of experience, each with accompanying tasks and opportunities. These experiences translate into six fundamental aspects of learning for emotional and social development; Learning to be, Learning to do, Learning to think, Learning to be powerful and to have an identity, Learning to be skillful and have structure and Learning to be independent.

The benefit of these sessions is that they form the foundations for developing trusted relationships with staff and peers. Educating and empowering the students on brain development and the nervous system can positively impact how students can manage their own emotions. It can improve attitudes to learning, enhance emotional literacy, improve students social and emotional development and help build resilience. It also helps to develop wellbeing skills and coping strategies when dysregulated. This links to our curriculum, positive relational behaviour policy and wellbeing policy here at Selby High School.

These sessions are engaging activities that have been developed by a licensed Thrive Practitioner designed for PD sessions, to do together with their PD tutor. This consists of co-exploring, playing group/team games, art and creative activities, team building activities, listening and communicating games and activities.

As part of our student voice, we discussed the impact of Thrive sessions with our students and the feedback we had was really impressive. Students felt like these sessions were a really positive way in order to learn new things about their peers, work with a variety of different people and build relationships with them. They expressed that the sessions allowed them to develop strong relationships with their PD tutors, getting to know them - which resulted in students feeling more confident when approaching them about a variety of things. Students also said that they felt like the sessions gave them knowledge, understanding, strategies and tools to use when they were feeling dysregulated, or when having to deal with life's setbacks.

We look forward to sharing what our Year 7 and 8 students are learning about and completing within their PD sessions in our newsletter updates.

If you have further questions regarding Thrive or would like to discuss further, please do not hesitate to contact me at alr@selbyhigh.co.uk.

Kind regards

Amy Ridley
Lead Thrive Practitioner